

Charity registration number: 1176942

Cornwall Mind

Annual Report and Financial Statements

for the Year Ended 31 March 2023

Cornwall Mind

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Cornwall Mind

Reference and Administrative Details

Chairman

Anne Jeffery

Trustees

Anne Jeffery

Demelza Todd, Vice-Chair

Liz Rumble, Secretary

Penny Lilly-Brickell

Wendy Cousins

Diana Smith

Zara Mason

Christopher Morse

Andy Jago (appointed 9th May 2022)

Olga Foot (resigned 9th May 2022)

Claire Sanders (appointed 26 October 2022/resigned 7th February 2023)

Senior Management / Leadership Team

Paul Reeve, CEO

Jon Gladstone, Quality and Bid Manager

Lorna Richardson, Operations and Bid Manager

Caron Reeves, Finance officer

Charity Registration Number

1176942

Principal Office

2A Hamley Court

Dennison Road

Bodmin

PL31 2LL

Independent Examiner

GW & Co Limited

Waterside Court

Falmouth Road

Penryn

TR10 8AW

Cornwall Mind

Trustees' Report

The Trustees present the annual report together with the financial statements of the charity for the year ended 31 March 2023.

Objectives and activities

Objects and aims

Cornwall Mind is an independent charity committed to supporting better mental health for everyone in Cornwall . Whilst affiliated to National Mind, Cornwall Mind is an independent charity that develops its own strategy and raises its own funding .

The charity makes a very important contribution to improving mental health in Cornwall and is dedicated to delivering improvements to services as well as influencing decisions that affect the wellbeing of everyone who lives here .

The proportion of adults aged 18+ with mental health problems in Cornwall is set to increase until at least 2030. Cornwall Mind supports the population of Cornwall within urban and rural areas of the county on their journey to recovery. The charity considers that it is important to be able to offer a variety of solutions that enable people to move forward. The way that we do this includes the prevention and maintenance of healthy living, supporting recovery and resilience, challenging stigma and improving services .

Following a restructuring of Cornwall Mind over the past few years, the charity continues to grow with a strong and sustainable business plan to develop more support throughout Cornwall enabling many more people to access the services that we offer .

Our Board of Trustees supports and engages with the strategy and vision for the charity. At the beginning of 2023, the CEO and Trustees held a Strategy Day which developed thinking around what we do, what we would like to do and what we need to do to get there . Our strategy includes, but is not limited to :

1. Building on our aim to reach out to everyone who needs the services of Cornwall Mind
2. Continuing to look for opportunities to work with communities currently under-represented and marginalised
3. Developing a team of fund raisers that will substantially contribute to unrestricted income in order to grow our work in the county

Cornwall Mind has achieved great success working with delivery partners. Our CEO has continued to build strong relationships with statutory health services and commissioners which has led to an increase in the number of contracts that we deliver and we are therefore able to support many more people.

We have also increased our work in the Community including expanding the number of Wellbeing Groups that we deliver. These have a strong focus on support to recovery and resilience.

Cornwall Mind has achieved growth through business development over the past year . This is due to the successful endeavours of the CEO who works tirelessly for the charity to deliver on its objectives.

His commitment to create sustainable growth for the future is clearly visible as he works towards a set of milestones each year to ensure that we stay on track and on target.

Cornwall Mind

Trustees' Report (continued)

Public benefit

The Trustees confirm that they have complied with the requirements of section 4 of the Charities Act 2011 to have due regard to the public benefit guidance published by the Charity Commission for England and Wales.

Our geographical reach has increased through this period and we have adopted an approach that responds to need allowing us to maximise our resources across a wider area.

Through both group and individual support we have considerably diversified our wellbeing and recovery offer, meaning that our services are available to more people in more contexts than in previous years. This year saw considerable but sustainable growth and set the foundations for new and exciting initiatives that can be built upon. During the year we began to develop more robust reporting systems that will prove their value in the years to come.

We have also successfully developed a Lived Experience Team that works closely with the NHS, both strategically and operationally, to ensure that the experience of those who receive (or have received) services are embedded in the development and delivery of NHS services.

For the year April 2022 to March 2023 we supported around 500 people through the following activities:

1:1 Casework

Rehab Peer Support Workers. The PSW project utilises the 'lived experience' of staff to motivate and coach others towards their own recovery. It works with people who are being discharged from clinical services. We also host a PSW Network that provides a forum for all PSW's that work in Cornwall to discuss successes and challenges and provides cross sector support.

Next Steps. This project works in partnership with the NHS's Health for Homeless Team and supports people facing homelessness to develop their own recovery tools to increase resilience.

HIU. The High Intensity User Project is for people who present at Emergency Departments or call an ambulance on a regular basis and helps them to identify the underlying challenges that lead to this contact and puts a plan in place for alternatives to emergency care. These are often people who 'fall through the gaps' in services.

Redress. This project works in partnership with a local energy poverty charity and seeks to support the mental health needs of people in order for them to engage effectively in their energy plan.

Wellbeing and Prevention

Eco therapy. We have a garden and two allotments that provide horticultural activities that promote social inclusion, peer support and recovery.

A Space to Speak Your Mind. This radio group produce a monthly show that is broadcast over three local radio stations. It teaches production and journalistic skills as well as promoting wellbeing.

Art. Our art group teaches various techniques for painting and drawing and creates an environment for peer support and social inclusion.

Walking. The walking group creates a healthy environment for discussion around wellbeing and for peer support.

Cornwall Mind

Trustees' Report (continued)

Music. Our music group meets to play songs together and support each other through discussion and music.

5 Ways to Wellbeing Workshops. These 6 week workshops provide a structured approach to making the most of each of the five ways to wellbeing and culminate in the development of a Recovery Action Plan for people to develop their emotional resilience.

Community Cafés. These groups are less activity focused and provide an informal platform for discussion and peer support. They are offered in person and online.

Writing Yourself Well. These groups are facilitated by a professional writer and demonstrate the value of writing to promote recovery and resilience.

All of our recovery services use the Five Ways to Wellbeing as a framework and all participants are supported to develop their own Wellbeing Action Plan. We believe that everyone has a right to a healthy happy life and can recover from mental ill-health and we encourage people to define what this means for them.

Testimonials

We feel that the voice of the people who use our services most effectively convey the value of what we do at Cornwall Mind.

5 Ways to Wellbeing:

Helped me see life in a different way.

I have enjoyed the social aspect and the relaxed nature of the course.

It has inspired me to become a lot more active.

The course has helped me think about what I want to do moving forwards which is setting up my own business.

I cannot stress enough how much the course helped me regain control of my life. It put all aspects of my unhappiness into perspective and helped me reassess what I wanted to enable me to be happy.

I have something to offer others. I think I could be a good listener and support people.

I have learnt how to be more positive and mindful, connect with nature and people.

By taking notice I can learn to feel better in situations.

I have learnt that I am funny and can fit in and people do like me. I can interact even when I'm nervous.

I used the techniques I have learnt from the course when I feel stressed or overwhelmed.

Allotment and garden group:

It was worth all the effort to get here today.

Exercise is really benefiting me.

I look forward to the sessions, we have a laugh and support each other.

Cornwall Mind

Trustees' Report (continued)

I can come along and I am able to say if it's been a crap day. At home I didn't have anyone to talk to. I've been able to get other ideas from other people attending the groups about coping mechanisms. I sometimes come to the session frustrated with life but always leave ready to take on the next weeks challenges. Leaving some lettuce or a potato in hand is a plus too.

Art Group:

Thank you so much for being so welcoming and putting me at ease. I really enjoyed the session and found it beneficial and rewarding.

Please thank everyone for being so lovely, I wouldn't be where I am now without all of you.

Art group allows me to focus in a very relaxing environment and also encourages me to socialise and mix with others. I enjoy chatting about things with others too.

I enjoy doing something new and challenging myself. This has helped my confidence and self-esteem and I have improved already.

Sitting down and creating, together with relaxing, helps to stop the worries that go on in my mind for a couple of hours. The practise of painting has increased my knowledge, confidence and expertise of art itself.

Working through the different drawings and paintings slows peoples' minds and relaxes us all. The patient teaching and caring approach leads to a lovely environment for us all. I've learnt so much myself and appreciate all the lovely members within the group.

Art is the most therapeutic thing for me and is my favourite activity which I always look forward to. It is the best thing for my mind.

Creative Writing (Write Yourself Well):

I can't tell you what joy I got out of this creative course. I found it wonderful. It allowed me to feel part of a group and I loved the variety of the mind matter that we dealt with and discussed amongst ourselves. I am doing and have done a few online courses recently and by far this is the best experience I have had. I really hope that it continues. I will look forward to exploring poetry and poem reading in the future, but it was all made a great experience as we could share ideas and thoughts, and this helped with our own creativity.

I never knew I had any of this inside me. You helped to bring it out.

I just want to say the creative writing group helped me a lot when I was feeling really down and thank you for running this group.

I couldn't express my feelings and emotions at home as I had to hold things together for the rest of the family. I found expression through writing really helpful and a release for me.

It was my escape, my bolt hole that was just for me and my needs and I didn't feel selfish about it. It's helped me navigate my way through this incredibly difficult time.

I hadn't felt so safe or been surrounded by such friendly and understanding people in a long time.

I have found the creative writing course to be an amazing experience. The course has unlocked things for me that I don't fully understand. The facilitation by Anne has been wonderful and I have learnt such amazing poetry.

Cornwall Mind

Trustees' Report (continued)

My aim when signing up to this course was to give me a new tool for expressing and making sense of negative thoughts and feelings of anxiety. It has done that and so much more – A has been a brilliant facilitator, and working with the others to support and share has been great!

Music Group:

I am learning, sharing and making friends.

I feel safe to try new things and not be judged.

It gives my head space to think and breathe.

I have greater confidence and feel very supported by the group and my music skills are getting better.

Walking Group:

The walking group is really helping me build a routine in my week, which is so important to me, having autism. I feel very comfortable with everyone too, as you are all so friendly.

It has been great to be shown so many different places to walk and I am enjoying going out for walks on my own far more now. I stop to notice things too, which helps me focus away from my worries.

Achievements and performance

The charity hold a Staff Update Day twice each year which brings everyone together including staff, volunteers and Trustees.

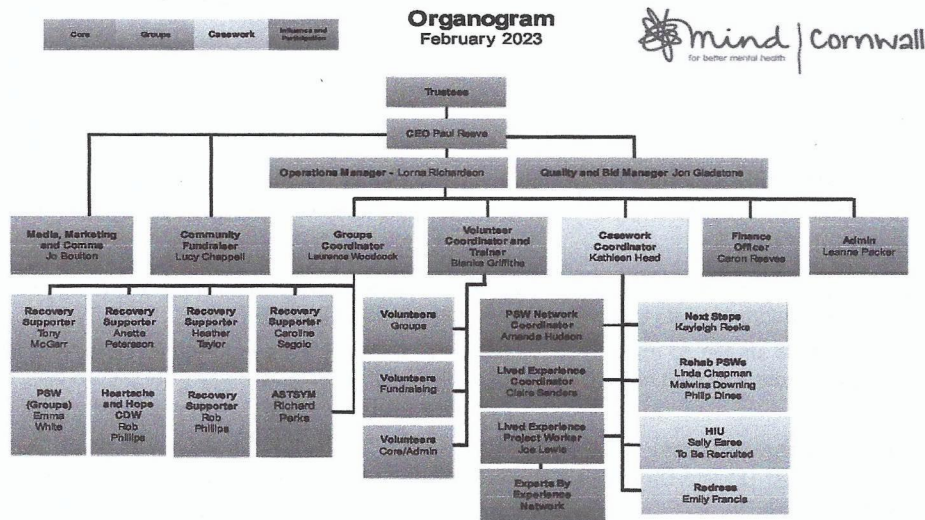
Supervision sessions between line managers and staff are held regularly in order to ensure that every staff member feels valued and a very big part of Cornwall Mind. The nature of much of our engagement with clients is done through remote working and we offer support and encouragement to our team and demonstrate that through promoting strong communication and collaboration .

Our volunteer numbers have grown over the past year by our Volunteer Co-ordinator who has been able to maximise attendance at community Wellbeing Groups. As with many charities since the Pandemic, it has been more difficult to recruit volunteers to work face to face. Whilst we are always seeking to grow the number Cornwall Mind volunteers, we do have a number of committed people who regularly support the work that we do. Alongside our employed staff, we have begun to adopt an approach that includes external experts in their fields to ensure that we are able to offer the highest quality and most innovative interventions to complement our core services.

The following organisational chart illustrates the current structure as of February 2023

Cornwall Mind

Trustees' Report (continued)



Financial review

Policy on reserves

The reserves are held for the purpose of carrying out the Charity's objectives. The reserves are held by way of the bank account and the property owned by the charity. The Trustees consider a minimum level of reserves is appropriate.

The reserves as at 31 March 2023 were £529,971 (2022: £415,230). of these reserves £469,134 (2022: £353,229) were held in restricted funds.

The Trustees have reviewed the reserves of the charity and they are of the opinion that there are adequate resources to fund the activities for the foreseeable future and as such, the Trustees are of the view that the charity is a going concern.

During 2022, the Board took the decision to sell a property that the charity had owned for many years. Previously it had been a short term rental property but had become in need of refurbishment in order to be compliant with energy efficiency standards as well as requiring significant updating.

After achieving a sale, the CEO and the Board decided to protect the money in the short term and to consider the best way to use it in order to grow Cornwall Mind in a sustainable manner. This is still being considered. We have initial ideas of investing some of the monies in creating a new fundraising team. The Community Fundraiser resigned early in 2023 after a period of illness. Currently a new fundraising function is being established and a team of fundraisers will be recruited beginning with an Income Generation Manager. We understand the importance of being financially independent without being reliant on our income from commissioned projects.

Cornwall Mind

Trustees' Report (continued)

Funding comes to Cornwall Mind from a variety of sources including: Cornwall Council; Cornwall Partnership NHS Trust; Cornwall Integrated Care Board; National Mind; local community fundraising and charitable trusts.

Our financial position is reviewed monthly and reported to the Board at our bi-monthly meetings. The Finance Officer and our Finance Advisor to the Board, who sits alongside the Board as a volunteer, meet regularly to discuss the position. The Finance Sub-Group is made up of the CEO, Finance Officer, volunteer Financial Advisor and Chair of the Board. They meet every eight weeks ahead of the Board Meeting to discuss all matter relating to the charity's finances. This has proved to be the best way of presenting a well prepared, precise financial picture for the Trustees at the Board Meeting. For the past year we have been moving towards using more ethical, sustainable banking services particularly for the monies from the house sale.

We have a separate Reserves Policy in place which is considered adequate by the Board in order to meet any potential need such as an unexpected drop in income or to support the charity as it grows.

The Board also has a Policies and Procedures sub group. Both groups work independently and items are brought to Board Meetings for further discussion as required,

We feel that we are now well positioned to deliver an ambitious growth plan over the next few years.

Structure, governance and management

Nature of governing document

The charity is controlled by its governing document, a deed of trust and constitutes an unincorporated charity.

Although Cornwall Mind is an independent charity, it sits within the National Mind federated network and as such is subject to the governance and quality standards set by them. Cornwall Mind is governed by a constitution of Trustees with responsibility for day to day operations deferred to the CEO and senior management team. Trustees are recruited through public advertisement and direct approach.

Organisational structure

This year we have made structural changes to the charity with a new senior management team and a change to some roles and responsibilities. As a charity that is growing rapidly, our CEO has focussed on creating a successful team by building on individual strengths and developing strong communication. As a part of this restructuring, he has recruited a dedicated Operations Manager which has now released him to concentrate on the strategic direction of Cornwall Mind and developing his relationships with business partners. It has also allowed him to spend more time visiting community groups and engaging with staff.

Major risks and management of those risks

The Chair meets the CEO regularly for an update on the activities of the charity and a general discussion on strategy and planning. Together, they also regularly review the Risk Register and make adjustments as required. The additions and amendments are then discussed at Board Meetings.

Cornwall Mind

Trustees' Report (continued)

The charity Trustees have considered the major risks to the charity and are satisfied that there are adequate systems and procedures in place to manage those risks.

Mind Quality Mark

At the end of 2023 Cornwall Mind will be assessed by National Mind through the Mind Quality Mark (MQM). This is an assessment against 20 standards set nationally every 3 years and each local Mind charity has to go through the process.

We feel that the charity is well placed this year to go through this process and to achieve the standard. This is testament to all of the hard work the Management Team and the Board have done to review and establish our systems, policies and procedures over the last two years.

The Trustees have complied with their duty to have regard to the Charity Commission's Public Benefit Guidance when carrying out their activities.

The annual report was approved by the Trustees of the charity on^{25/10/23} and signed on its behalf by:


.....
Anne Jeffery
Chairman and Trustee

Cornwall Mind

Statement of Trustees' Responsibilities

The Trustees are responsible for preparing the Trustees' report and the financial statements in accordance with the United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice) and applicable law and regulations.

The law applicable to charities requires the Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources of the charity for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Act 2011, the Charities (Accounts and Reports) Regulations 2008, and the provisions of the constitution. The Trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the Trustees of the charity on 25/10/23 and signed on its behalf by:



Anne Jeffery
Chairman and Trustee

Cornwall Mind

Independent Examiner's Report to the Trustees of Cornwall Mind

I report to the Trustees on my examination of the accounts of Cornwall Mind for the year ended 31 March 2023.

Responsibilities and basis of report

As the charity Trustees of Cornwall Mind you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Cornwall Mind's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

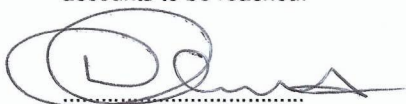
Independent examiner's statement

Since Cornwall Mind's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of FCCA, which is one of the listed bodies.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of Cornwall Mind as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Deborah Warburton
FCCA

Waterside Court
Falmouth Road
Penryn
TR10 8AW

Date: 20 October 2023

Cornwall Mind

Statement of Financial Activities for the Year Ended 31 March 2023

	Note	Unrestricted funds £	Restricted funds £	Total 2023 £
Income and Endowments from:				
Donations and legacies	2	41,788	-	41,788
Charitable activities	3	-	472,369	472,369
Other trading activities	4	68,628	-	68,628
Investment income	5	3,127	-	3,127
Total income		113,543	472,369	585,912
Expenditure on:				
Raising funds	6	(28,088)	-	(28,088)
Charitable activities	7	(86,619)	(356,464)	(443,083)
Total expenditure		(114,707)	(356,464)	(471,171)
Net (expenditure)/income		(1,164)	115,905	114,741
Net movement in funds		(1,164)	115,905	114,741
Reconciliation of funds				
Total funds brought forward		62,001	353,229	415,230
Total funds carried forward	15	60,837	469,134	529,971
	Note	Unrestricted funds £	Restricted funds £	Total 2022 £
Income and Endowments from:				
Donations and legacies	2	16,176	-	16,176
Charitable activities	3	-	301,510	301,510
Other trading activities	4	72,795	-	72,795
Investment income	5	7,843	-	7,843
Total income		96,814	301,510	398,324
Expenditure on:				
Raising funds	6	(23,868)	-	(23,868)
Charitable activities	7	(85,978)	(230,987)	(316,965)
Total expenditure		(109,846)	(230,987)	(340,833)
Net (expenditure)/income		(13,032)	70,523	57,489
Net movement in funds		(13,032)	70,523	57,489
Reconciliation of funds				
Total funds brought forward		75,033	282,706	357,739
Total funds carried forward	15	62,001	353,229	415,230

All of the charity's activities derive from continuing operations during the above two periods.

The notes on pages 14 to 23 form an integral part of these financial statements.

Cornwall Mind

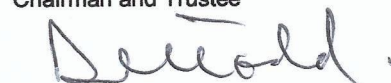
(Registration number: 1176942)
Balance Sheet as at 31 March 2023

	Note	2023 £	2022 £
Fixed assets			
Tangible assets	11	187,000	187,000
Current assets			
Debtors	12	16,292	10,401
Cash at bank and in hand	13	337,659	227,036
		353,951	237,437
Creditors: Amounts falling due within one year	14	(10,980)	(9,207)
Net current assets		342,971	228,229
Net assets		529,971	415,230
Funds of the charity:			
Restricted income funds			
Restricted funds	15	469,134	353,229
Unrestricted income funds			
Unrestricted funds		60,837	62,001
Total funds	15	529,971	415,230

The financial statements on pages 12 to 23 were approved by the Trustees, and authorised for issue on 10/03/23 and signed on their behalf by:


.....

Anne Jeffery
Chairman and Trustee


.....

Demelza Todd
Trustee

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023

1 Accounting policies

Statement of compliance

The financial statements have been prepared in accordance with the second edition of the Charities Statement of Recommended Practice issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011.

Basis of preparation

Cornwall Mind meets the definition of a public benefit entity under FRS 102. The accounts (financial statements) have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Going concern

The Trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

Income and endowments

Voluntary income including donations, gifts, legacies and grants that provide core funding or are of a general nature is recognised when the charity has entitlement to the income, it is probable that the income will be received and the amount can be measured with sufficient reliability.

Donations and legacies

Donations are recognised when the charity has been notified in writing of both the amount and the settlement date. In the event that a donation is subject to conditions that require a level of performance by the charity before the charity is entitled to the funds, the income is deferred and not recognised until either those conditions are fully met, or the fulfillment of those conditions is wholly within the control of the charity and it is probable that these conditions will be fulfilled in the reporting period.

Expenditure

All expenditure is recognised once there is a legal or constructive obligation to that expenditure, it is probable settlement is required and the amount can be measured reliably. All costs are allocated to the applicable expenditure heading that aggregate similar costs to that category. Where costs cannot be directly attributed to particular headings they have been allocated on a basis consistent with the use of resources, with central staff costs allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use. Other support costs are allocated based on the spread of staff costs.

Raising funds

These are costs incurred in attracting voluntary income, the management of investments and those incurred in trading activities that raise funds.

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

Charitable activities

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Support costs

Support costs include central functions and have been allocated to activity cost categories on a basis consistent with the use of resources, for example, allocating property costs by floor areas, or per capita, staff costs by the time spent and other costs by their usage.

Governance costs

These include the costs attributable to the charity's compliance with constitutional and statutory requirements, including audit, strategic management and Trustees meetings and reimbursed expenses.

Taxation

The charity is considered to pass the tests set out in Paragraph 1 Schedule 6 of the Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes. Accordingly, the charity is potentially exempt from taxation in respect of income or capital gains received within categories covered by Chapter 3 Part 11 of the Corporation Tax Act 2010 or Section 256 of the Taxation of Chargeable Gains Act 1992, to the extent that such income or gains are applied exclusively to charitable purposes.

Tangible fixed assets

Individual fixed assets costing £1000 or more are initially recorded at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amounts due according to the original terms of the receivables.

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

Trade creditors

are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

Fund structure

Unrestricted income funds are general funds that are available for use at the Trustees discretion in furtherance of the objectives of the charity.

Restricted income funds are those donated for use in a particular area or for specific purposes, the use of which is restricted to that area or purpose.

2 Income from donations and legacies

	Unrestricted funds General £	Total funds £
Donations and legacies;		
Donations from individuals	25,737	25,737
Legacies	8,000	8,000
Gift aid reclaimed	8,051	8,051
Total for 2023	41,788	41,788
Total for 2022	16,176	16,176

3 Income from charitable activities

	Restricted funds £	Total funds £
Grants received		
	472,369	472,369
Total for 2023	472,369	472,369
Total for 2022	301,510	301,510

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

4 Income from other trading activities

	Unrestricted funds General £	Total funds £
Local fundraising and street collection income	68,628	68,628
Total for 2023	68,628	68,628
Total for 2022	72,795	72,795

5 Investment Income

	Unrestricted funds General £	Total 2023 £	Total 2022 £
Interest receivable and similar income;			
Interest receivable on bank deposits	614	614	-
Income from rents	2,513	2,513	7,843
	3,127	3,127	7,843

6 Expenditure on raising funds

	Note	Unrestricted funds General £	Total funds £
Wages		13,437	13,437
Premises expenses		1,743	1,743
Other fundraising costs		12,908	12,908
Total for 2023		28,088	28,088
Total for 2022		23,868	23,868

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

7 Expenditure on charitable activities	Unrestricted funds General £	Restricted funds £	Total 2023 £
Staff costs	44,862	331,122	375,984
Allocated support costs	39,844	25,342	65,186
Governance costs	1,913	-	1,913
Total for 2023	86,619	356,464	443,083

	Unrestricted funds General £	Restricted funds £	Total 2022 £
Staff costs	17,106	208,690	225,796
Allocated support costs	65,424	22,297	87,721
Governance costs	3,448	-	3,448
	85,978	230,987	316,965

	2023 £	2022 £
Allocated support costs		
Staff expenses	2,465	14,847
Office costs	16,331	11,122
Information and technology costs	17,326	7,045
Other costs	7,281	2,235
Project costs	21,641	52,360
Finance costs	142	112
	65,186	87,721

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

8 Trustees remuneration and expenses

During the year the charity made the following transactions with Trustees:

No Trustees, nor any persons connected with them, have received any remuneration from the charity during the year.

No Trustees have received any reimbursed expenses or any other benefits from the charity during the year.

9 Staff costs

The aggregate payroll costs were as follows:

	2023 £	2022 £
Staff costs during the year were:		
Wages and salaries	365,222	220,361
Other staff costs	10,762	5,435
	<u>375,984</u>	<u>225,796</u>

The monthly average number of persons (including senior management / leadership team) employed by the charity during the year expressed as full time equivalents was as follows:

	2023 No	2022 No
Senior management team	4	4
Administrator	1	1
Coordinators	4	3
Community fundraiser	1	1
Media, marketing and communications	1	1
Recovery supporters/Mental health workers	15	9
	<u>26</u>	<u>19</u>

No employee received emoluments of more than £60,000 during the year

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

10 Taxation

The charity is a registered charity and is therefore exempt from taxation.

11 Tangible fixed assets

	Land and buildings £	Total £
Cost		
At 1 April 2022	187,000	187,000
At 31 March 2023	187,000	187,000
Depreciation		
At 31 March 2023	-	-
Net book value		
At 31 March 2023	187,000	187,000
At 31 March 2022	187,000	187,000

The rental property was gifted to the charity, and was subsequently sold in May 2023 for a value of £226,622.

12 Debtors

	2023 £	2022 £
Trade debtors	4,880	-
Prepayments	616	512
Other debtors	10,796	9,889
	<u>16,292</u>	<u>10,401</u>

13 Cash and cash equivalents

	2023 £	2022 £
Cash on hand	100	-
Cash at bank	337,559	227,036
	<u>337,659</u>	<u>227,036</u>

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

14 Creditors: amounts falling due within one year	2023 £	2022 £
Trade creditors	7,420	-
Other taxation and social security	-	3,751
Other creditors	543	638
Accruals	3,017	4,818
	10,980	9,207

15 Funds

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Unrestricted funds				
General				
General Fund	62,001	113,543	(114,707)	60,837
Restricted funds				
Cornwall Community Foundation	906	-	(906)	-
Get Set to Go	6,067	-	-	6,067
Property Fund	187,000	-	-	187,000
Next Steps Homelessness	10,369	41,323	(36,250)	15,442
Winter discharge	11,172	79,744	(40,218)	50,698
CPFT PSW Development	25,853	-	(6,326)	19,527
Influence & participation Grant	-	184	(184)	-
MIND Growth Fund	3,926	3,993	(7,919)	-
HIU Caseworker	73,840	-	(61,919)	11,921
Digital Transformation Fund	1,986	-	(1,986)	-
Co-op Resilience Programme	30,280	26,616	(56,896)	-
Community Energy Project	-	36,099	(28,936)	7,163
Sing for Wellbeing	1,830	-	(900)	930
Heartache and hope	-	48,459	(7,529)	40,930
Lived experience co-ordinator	-	46,204	(42,365)	3,839
EBE Network	-	39,239	(11,189)	28,050
Lived experience senior project worker	-	42,443	(4,917)	37,526
Volunteer manager and trainer	-	30,000	(18,723)	11,277
PSW link worker	-	22,046	(7,690)	14,356
Suicide prevention	-	19,548	(19,548)	-
MINDS time to talk day 2023	-	1,000	(1,000)	-
Safer stronger surviving winter fund	-	795	(795)	-
EBE role hosting for Cornwall council	-	3,676	-	3,676

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

	Balance at 1 April 2022 £	Incoming resources £	Resources expended £	Balance at 31 March 2023 £
Creative recovery	-	30,000	(195)	29,805
Ground works Tesco grants	-	1,000	(73)	927
Total restricted funds	353,229	472,369	(356,464)	469,134
Total funds	415,230	585,912	(471,171)	529,971
	Balance at 1 April 2021 £	Incoming resources £	Resources expended £	Balance at 31 March 2022 £
Unrestricted funds				
General				
General Fund	75,033	96,814	(109,846)	62,001
Restricted				
Cornwall Community Foundation	906	-	-	906
Get Set to Go	3,067	3,000	-	6,067
Debbie's Bike Ride	431	-	(431)	-
Property Fund	187,000	-	-	187,000
Next Steps Homelessness	16,280	32,162	(38,073)	10,369
Winter pressure	25,849	-	(25,849)	-
Winter discharge	11,709	65,920	(66,457)	11,172
CPFT PSW Development	12,513	20,730	(7,390)	25,853
MIND Emergency IT Grant	3,075	-	(3,075)	-
ASTSYM Radio Show	5,075	-	(5,075)	-
Influence & participation Grant	1,656	-	(1,656)	-
MIND Growth Fund	15,145	-	(11,219)	3,926
HIU Caseworker	-	105,001	(31,161)	73,840
Digital Transformation Fund	-	3,000	(1,014)	1,986
Co-op Resilience Programme	-	33,348	(3,068)	30,280
Community Energy Project	-	29,393	(29,393)	-
Physical Health Checks	-	2,500	(2,500)	-
Winter Grant	-	1,400	(1,400)	-
Lived Experience Coordinator	-	3,226	(3,226)	-
Sing for Wellbeing	-	1,830	-	1,830
Total restricted funds	282,706	301,510	(230,987)	353,229
Total funds	357,739	398,324	(340,833)	415,230

Cornwall Mind

Notes to the Financial Statements for the Year Ended 31 March 2023 (continued)

16 Analysis of net assets between funds

	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2023 £
Tangible fixed assets	-	187,000	187,000
Current assets	71,817	282,134	353,951
Current liabilities	(10,980)	-	(10,980)
Total net assets	60,837	469,134	529,971
	Unrestricted funds General £	Restricted funds £	Total funds at 31 March 2022 £
Tangible fixed assets	-	187,000	187,000
Current assets	71,208	166,229	237,437
Current liabilities	(9,207)	-	(9,207)
Total net assets	62,001	353,229	415,230